



Front Range Barracudas

Swim Club



COLORADO
SWIMMING

November 2011

Message from the President

Kennedy Walsh

“When we become more fully aware that our success is due in large measure to the loyalty, helpfulness, and encouragement we have received from others, our desire grows to pass on similar gifts. Gratitude spurs us on to prove ourselves worthy of what others have done for us. The spirit of gratitude is a powerful energizer.”

— Wilfred A. Peterson

Hello Cudas,

I am truly grateful for the kindness and generosity within our Cuda family. I am pleased to announce that the volunteer roster is almost full for the Pentathlon! We only need to fill two more spots. As you can imagine, it takes a lot of volunteers to successfully pull off a swim meet and we could not do it without you. The swimmers appreciate you so much! This is our first home meet of the year and we are all very excited.

Thanks to those of you that have contacted the team directly with ideas, advice, and the willingness to help us out in a variety of projects. I love your enthusiasm and can't wait to find a way to utilize your special skills.

I would be especially grateful for individuals from both the BCC and VMAC to serve on the 2012 Swim-A-Thon committee. The S-A-T will take place this spring, most likely in April. Job responsibilities include organizing and planning S-a-T events and helping to obtain prizes. Please contact Kennedy Walsh if you would like to be on this very fun committee.

Lastly, as we move into the Season of Giving I ask that you keep the Chili Cook-Off in the back of your mind. If you run across an amazing chili get the recipe and enter the cook-off in February, you just might win the big prize. If you receive a cute basket or container that we could use for the raffle please don't throw it out. If you know of anyone that may have an interesting donation please let me know. We are a 501c3 organization, if you would like a contribution letter with our tax id please contact me.

Thank you for all you do. Have a happy and healthy holiday season.

Kindly,
Kennedy Walsh
F.R.B.S.C. President

Coaches Corner

Head Coach Andrew

The deadline for Cuda Pentathlon XXIV is today! This is the longest running and most tradition rich meet the Cudas host. It is renowned around Colorado for the shiny trophies we present after each session. Our swimmers have been working hard in practice, all of the volunteer slots are full (thank you parents!!!) Now we need to make sure we fill the lanes with swimmers wearing CUDA caps for this meet. We have a lot of swimmers already signed up for the meet, but us CUDA coaches are a greedy bunch, we would like to see every swimmer ages 5-18 in the meet. If you have any questions regarding the meet please e-mail me or your swimmer's group coach, and we'll be sure to help you out. Thanks.

\$1000 Donation

Applewood
Plumbing & Heating



Parent of Red Group swimmer Annika Wangsvick, Kiersten Wangsvick, entered Cudas in the annual Applewood Plumbing Caring Community Giveaway contest, and we won!!! A \$1,000 donation from *Applewood Plumbing, Heating & Electric*. Accepting the check are Connor Hassert, Annika, Kiersten, Coach Andrew and Applewood owner John Ward. The coaches are currently discussing the best possible use of the money to benefit all of our swimmers.

Thanks.
Coach Andrew

Officials Clinic

Sean Feran

It's here, the 1st Annual Cuda Pentathlon Officials Clinic. For anyone who has been dragging their feet about becoming an official, this is your chance. We will be having a class on November 19th at the VMAC on the 1st day of the Pentathlon. It will be from 12:30 until 4:30 downstairs. It is for anyone interested in becoming an official, or those that are curious about the officiating process. No previous swimming knowledge is required. 4 hours of volunteer hours will be earned for everyone attending. This is very important to the team. Of the 150+ swimmers that we have, we only have 5 parents that are officials.

If you have any questions or to sign up for the class, please email Sean Feran at VicePresident@teamcudas.com

News from BCC

Coach Jonathan

SWIMMERS OF THE MONTH

RED GROUP

Sebastian Reget- Sebastian is off to a great start this season. At practice Sebastian has demonstrated great listening skills. He's also been an excellent leader for Red, leading his lane, leading by example and working hard at every chance. Sebastian's hard work coupled with his success at swim meets in October clearly makes Sebastian a great swimmer of the Month choice. Good job Sebastian!!!!!!!

Alvina Zhang- Alvina has shown fast improvement at practice this season by staying focused and working hard at improving her technique. Alvina always knows the answers to my swimming related questions, and that shows that she remembers what she learns at practice, that is a great skill for swimmers to have! Her practice attendance is good and while at practice she is always racing people and leading her lane. Alvina should sign up for swim meets to show off her recent improvements. Keep working hard at practice and let's see you win some ribbons at swim meets!!!!!!! Good job Alvina!!!!!!!

SILVER GROUP:

Michael Truong-Every day at practice Michael demonstrates the qualities of swimmer of the month. He listens well and still has fun at practice, he cheers for his teammates, and he is an all round great kid to have on our team. I can always trust that Michael will have a good practice because he works hard and focuses on making the correct technique adjustments. Michael's friendly demeanor and passion for the sport make him a great leader and teammate to all CUDA'S. Keep on being you, Michael you will go far!!!!!!!

Hannah Adams- Hannah is new to Silver but she has quickly made friends and been quick to impress me with her hard work and commitment to practicing. Hannah has shown commitment to swimming by having a near perfect practice attendance to start the season. Showing up at practice is one thing, but Hannah's friendly personality made everyone's practice a little more fun. Those qualities are great in making our Silver group a closer group of friends and teammates. Hannah isn't all fun and games either. Hannah knows when it's time to work and when it's time for enjoyment. Understanding that balance is what makes lifetime Barracudas. Keep up the hard work, and don't forget to keep making practice enjoyable for everyone!!!!!!!

Apparel Order & Team Pictures

November 18th

Coach Tom

Hello CUDA Families,

Hope that the start of the holiday season is going well for everyone. We understand that this part of the year tends to get a bit hectic, and wanted to get the word out about our team picture day. On **Friday, November 18th at 5:30 pm at the VMAC** the team will be taking our annual team picture. Also that evening, all team apparel will be available for pick up beginning at 5 pm.

To participate in the team picture **all athletes must wear either this season's team shirt, or any plain (or as close to plain as possible) red t-shirt**. Black or gray shorts or their team suit for the bottom please! The team picture will be taken first at 5:30, followed by those who would like an individual picture. Please look for picture order forms to be passed out during the week of November 14th, and additional order forms can be found on the event page, or at the actual picture date.

ALL BCC Practices are canceled for Friday November 18thfor pictures, and ALL VMAC Groups will practice after pictures from 6:30 to 7:30 pm.

Thanks, and hope to see everyone for team pictures!
Coach Tom

Mark Your Calendar	DATE	EVENT
	November 7, 2011	Deadline for CUDA Pentathlon
	November 10, 2011	No Ordinary Pizza Registration deadline
	November 11, 2011	November No Ordinary Pizza Meet @BCC
	November 14, 2011	Winter Practice Schedule Begins, VMAC Pool Only
	November 14, 2011	CUDA Board Meeting, VMAC Pool
	November 18, 2011	Team Pictures
	November 19, 2011	CSI Pioneer Open entry deadline
	November 19 & 20, 2011	CUDA Pentathlon XXIV @ VMAC
	November 22, 2011	Golden Phoenix meet entry deadline
	November 22, 2011	Brighton Silver Circuit entry deadline
	November 24-2011	Thanksgiving- No Practice all groups
	December 2 – 4,, 2011	CSI Pioneer Open @ DU
	December 3, 2011	Brighton Silver Circuit @ Brighton HS
	December 8-10, 2011	Short Course Junior Nationals @ Univ of Texas
December 9 - 11, 2011	Golden Winter Phoenix Open @ Colo School of Mines	
** Dates are subject to change. Please refer to the Schedule Tab on TeamCudas.com for the most up-to-date information.		
Welcome New Swimmers!!	DEVELOPMENTAL: <ul style="list-style-type: none"> • Ellie Breed • Nakita Overberg • Violet Clyker • Quinn Donaldson WHITE: <ul style="list-style-type: none"> • Ashley Sprague • Kennedy Tieulie 	
Notes from the CUDA Treasurer Lisa Abeyta	Reminder - Please set up AutoPay - You can pay in two ways... Automatic Checking Withdrawal (ACH): Sign up for Automatic Checking Account Withdrawal on the team's website. Your account will automatically be debited for the amount owed on the 1st of each month. Please make sure to check you invoice prior to the 1st of the month. Credit Card (CC): You may also sign up to have your bill charged to your favorite credit card (VISA, MasterCard and Discover) only. Sign-up again is handled in a secure fashion on the team's website. There is no fee for this service. As always, if you have questions or issues with paying your bill, please contact Lisa Abeyta, our Treasurer/Business Manager at cudamanager@gmail.com .	
Board Meetings	Upcoming general Board meetings are usually scheduled for the second Monday of each month. All Barracuda team members and parents are invited to attend and participate in the meetings. Our next meeting will be held on Monday, November 14th from 7:15 pm-9:00 pm at the VMAC Pool. Hope to see you there!	
What's New Online	2012 Western Zone Qualifying Times: Performance Tab -> Time Standards Link 2012 Far Western Qualifying Times: Performance Tab -> Time Standards Link Updated VMAC Winter Practice Schedule (updated 11/7/2011): Schedule Tab -> VMAC Practice	

Happy Birthday	DATE	EVENT
	November 3	Angela Li
	November 7	Joshua Mak
	November 8	Elysia Hartojo
	November 12	Ciara Casper
	November 13	Jake Mercer
	November 15	Troy Williams
	November 18	Gretta Barrington
	November 20	Katherine Bender
	November 21	Madeline Cullen
	November 21	Tatumn Ridgway
	November 22	Aiden Casper
	November 23	Luke Sauls
	November 24	Keira Bensky
	November 26	Kevin Wu
November 28	Molly Nadon	
November 30	Megan Wilkins	

Practice Schedules

BCC Swimmers:
280 Lamar Street
Broomfield

VMAC Swimmers:
136th Ave & Holly St.
Thornton

Web site: www.teamCUDAs.com.
The Team does not sell or communicate outside of the CUDAS any personal information including email addresses.

VMAC Winter Practice Schedule is now posted online, the VMAC Winter Practice Schedule begins 11/14/2011
Please see the team website under the **Schedule** tab for the most up-to-date information.

Volunteer Policy

Other than the coaching staff, we are a volunteer organization and count on our families to support the swim program. The Long Course 2011 Season is bringing about many opportunities for you to volunteer and to help us host some exciting meets, please check out the website to sign up early!

Volunteer Requirements:
8 hours per Season—Developmental, Red, Silver (BCC Swimmers) 12 hours per Season—White, Black, Gray, Senior, Elite (VMAC Swimmers)
All hours must be completed by the end of the season, otherwise your swimmer's account will be charged \$20/hour for hours not completed.

Reporting & Tracking of Volunteer Hours:
To simplify the recording of hours volunteered: you will sign up online for events, check in at the event, your hours are then verified and confirmed by the volunteer coordinator, and lastly your hours will be updated to your online account so you can view your hour's completed and/or outstanding balance. After the job sign up is closed (approx. 3 days before meet) if you are unable to fulfill your volunteer duties, you are responsible for finding your replacement. Your replacement needs to email the volunteer coordinator to notify her of the change prior to the day of the meet/event. Please contact our FRBSC Volunteer Program Coordinator if there are questions regarding a particular volunteer activity, volunteer responsibilities/descriptions, hours completed, etc. cudavolunteer@gmail.com
The Board wishes to thank every volunteer for their time and commitment. Please do not hesitate to contact a board member should you have any questions or concerns!!

Team Communications

If you have not done so already, please visit the Team web site and register yourself as a CUDA parent. ALL Team communication, meet information, meet registration, and member updates, etc. is posted on the website. We also send out updates via email so make sure your information is up-to-date!

Web site: www.teamCUDAs.com.

Fundraising

Earn Cash Back with Scrip

The Cuda's have a \$50.00 per season fundraising policy per family. One extremely easy way to meet this goal is to purchase a King Soopers scrip card for \$25.00. Once you get the card, you can load it at the register with your credit card and pay for your groceries. 5% of your purchase will be credited towards your fundraising goal. Here is where we differ from other programs. Once your family hits the \$50.00 goal, future purchases continue to support the team at 2.5%. The remaining **2.5% is credited to your account at the end of the season.**

What do I need to do?

1. Contact: Scott Bratcher via email at scripsales@teamcudas.com
2. Arrange to meet
3. Make sure your card number is recorded so you get credit!
4. Give Scott a check or cash for \$25
5. Go to King Soopers and load up your card

Also don't forget to use your King Soopers card to get gas, or to purchase gift cards! It adds up really fast!!

Other easy opportunities to meet your fundraising goal:

⇒ **Pizza Pal cards**

Contact: Scott Bratcher via email at scripsales@teamcudas.com

Advertising within the Cuda family counts towards your goal! It doesn't matter if it is your personal business or a friend's.

⇒ **Heat Sheet Advertising:** The full price of the ad is credited towards your family's fundraising goal at the end of the season. You can run anything as small as a business card to a full-page ad. Each family typically buys at least one heat sheet to track their swimmer at each meet. The Pentathlon alone is expected to bring in 750 swimmers over two days. Some of our larger five session meets with bring in 1500+ athletes. This is great local advertising!

⇒ **Web Page Advertising:** This is an underutilized tool but definitely worth a mention for smaller businesses. There are a couple of packages at different price ranges. Color web page ads run from \$99.00 - \$999.00. The benefit of advertising on the Cuda website is that your ad will show up on every other Team Unify website within 25 miles of YOUR business. (Team Unify is the software that all of the local USA Swimming clubs use for their websites.) The other thing I like is that you can go in and change your ad message any time you would like. This is a great feature if you provide coupons, specials, or want to make seasonal changes. For more information, click the "advertise here" button on the bottom left side of the Cuda's home page.